

Boston's Age Strong Commission

# Weekly Digest

October 18-24, 2021

Information & opportunities for Boston's older adults

## Age Strong Commission's Volunteer Appreciation Celebration



*Medicare*  
*Open Enrollment*

Oct. 15 - Dec. 7

## Do You Have the Right Plan for You?

This is the time you can compare & change plans to make sure you get the best coverage at the least cost.

Reach out to Age Strong at 617-635-4366 for help with your Medicare or to find out what benefits YOU may qualify for!

WEEKLY DIGEST  
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October 18-24

November  
Election

Volunteer  
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Taxi Coupons

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Stay Connected  
to Age Strong:

City Hall, Room 271  
1 City Hall Square  
Boston, MA 02201  
617-635-4366

agestrong@boston.gov  
boston.gov/agestrong



@AgeStrongBos

AGE+



City of Boston  
Age Strong  
Commission



**MONDAY, OCTOBER 18**

9:30am

**Age Strong Commission Virtual Chair Yoga**

Click [here](#) to attend via Zoom.

**TUESDAY, OCTOBER 19**

9:30am

**BPL: Virtual: Career Skills: Effective Communication**

Click [here](#) to register & for more information.

11am-6pm

**Copley Square Farmers Market**

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

**Age Strong Commission Virtual Zumba**

Click [here](#) to attend via Zoom.

12noon-1pm

**Tuesday Tunes: AfroDesiaCity**

Dewey Square, Atlantic Ave/Summer Street

Click [here](#) for more information.

2pm

**BPL: Virtual: "Building Better Bones" with Joy Tsai, MD**

Click [here](#) to register & for more information.

**WEDNESDAY, OCTOBER 20**

10am

**Virtual: Sharing the Immigrant Experience: Haitian Heritage**

Talk with Bibine Francois, Boston's Age Strong Commission & Traditional Haitian Cooking Demonstration with Chefs Nathalie & Karyn of Gourmet Kreyol

Click [here](#) to register & for more information.

11:30am

**Age Strong Commission Virtual Yoga**

Click [here](#) to join via Zoom.

12:00noon-3pm

**Free Immigration Legal Consultations**

Call 617-635-2980 to make an appointment.

Click [here](#) for more information.

2-6:30pm

**Allston Farmers Market**

Brighton Common

30 Chestnut Hill Ave, Brighton

Click [here](#) for more information.

2-6:30pm

**Charlestown Farmers Market**

Main & Austin Streets, Charlestown

Click [here](#) for more information.

3pm

***BPL: Virtual: Shelf Service Live  
Personalized Reading***

***Recommendations from BPL Librarians***

Click [here](#) to register & for more information.

3-6:30pm

***East Boston Farmers Market***

1 P William C Kelly Square, East Boston

Click [here](#) for more information.

**THURSDAY, OCTOBER 21**

11am-4pm

***Dewey Square Farmers Market***

700 Atlantic Avenue, South Boston

Click [here](#) for more information.

2-6pm

***Seaport Farmers Market***

Sea Green Park

21 Stillings Street, South Boston

Click [here](#) for more information.

3-6pm

***Blue Hills Farmstand***

162 Blue Hills Avenue, Dorchester

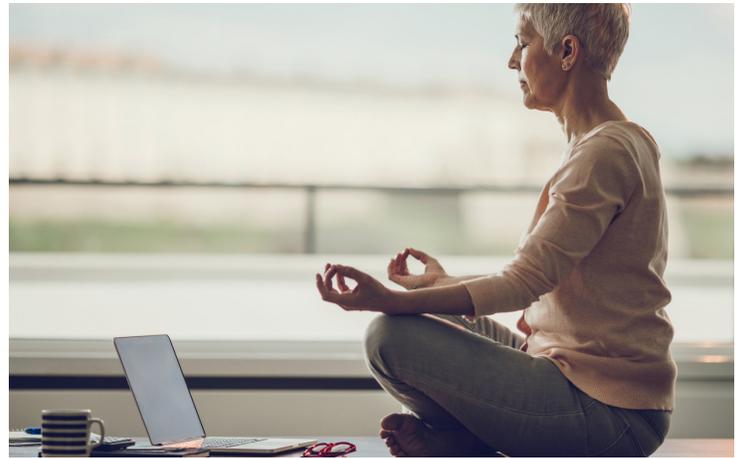
Click [here](#) for more information.

7pm

***BPL: Virtual: Kanopy Club "L'Age d'Or"  
(1930)*** Watch the film on Kanopy then a

Zoom discussion

Click [here](#) to register & for more information.



8pm

***Celebrity Series: Virtual: Charles  
Overton Group***

Click [here](#) for more information.

**FRIDAY, OCTOBER 22**

9:30am

***BPL: Virtual: Career Skills: Goal Setting***

Click [here](#) to register & for more information.

10am-12noon

***BPL: Virtual Drop-in Office Hours: Legal  
Services Center***

Click [here](#) to register & for more information.

11am-6pm

***Copley Square Farmers Market***

139 St. James Avenue, Copley Square

Click [here](#) for more information.

11:30am

***Age Strong Commission Virtual  
Meditation***

Click [here](#) to join via Zoom.



3-7pm

**Ashmont Farmers Market**

1900 Dorchester Avenue, Dorchester

Click [here](#) for more information.

4pm

**BPL: Virtual: Friday Unwind**

**Gentle Yoga with Hands to Heart Center**

Click [here](#) for more information.

5-8pm

**House Music Dance Party with DJ Bruno**

City Hall Plaza

Click [here](#) for more information.

5-8pm

**Parks: Fall-O-Ween Children's Festival**

Costumes, games, performances

Boston Common Frog Pond

38 Beacon Street, Boston

Click [here](#) for more information.

**SATURDAY, OCTOBER 23**

9am-1:30pm

**Roslindale Farmers Market**

Adams Park

4225 Washington Street, Roslindale

Click [here](#) for more information.

9am-12noon

**Fields Corner Farmers Market**

500 Geneva Avenue, Dorchester

Click [here](#) for more information.

10am-12noon

**Dog Licensing & Low-cost Rabies Clinic**

BCYF Tobin Community Center

1481 Tremont Street, Roxbury

Click [here](#) for more information.

10am-4pm

**Chinatown Farmers Market**

Rose Kennedy Greenway, Chinatown

Click [here](#) for more information.

11am-2pm

**Codman Square Farmers Market**

360 Talbot Avenue, Dorchester

Click [here](#) for more information.

11am-6pm

**The Greenway Artisan Market**

Atlantic Avenue/State Street

Click [here](#) for more information.

6:30pm

**Mayor Janey's Movie Nights**  
**"Hotel Transylvania"**

Boston Common  
38 Beacon Street, Downtown  
Click [here](#) for more information.

**SUNDAY, OCTOBER 24**

10am-2pm

**Leaf & Yard Waste Drop-off**

500 American Legion Highway,  
Mattapan  
Click [here](#) for more information.

11am-3pm

**SOWA Farmer's Market**

500 Harrison Avenue, South End  
For more information, click [here](#).

*Reminder*

**Boston's Municipal Election**

Tuesday, November 2, 2021  
Choose Boston's next Mayor &  
City Councilors

**Vote early in Boston starting  
October 23, by mail or  
in-person.** Click [here](#) for  
more info.



**BECOME AN AGE STRONG  
RSVP VOLUNTEER!**

Are you interested in serving your community in a way that suits your schedule, skills, and interest? Serve as an AmeriCorps Seniors volunteer in our RSVP program. AmeriCorps Senior volunteers report better health & longevity having served their neighbors & community.

**To sign up, contact**

Age Strong at 617-635-4366 or  
email [agestrong@boston.gov](mailto:agestrong@boston.gov).



## TAXI COUPONS FOR SALE!

Discounted taxi coupons are available for Boston residents age 65+ & persons with disabilities. Coupons can be used in taxis licensed by the City of Boston.

Please show an ID showing your Boston residency. Each coupon book costs \$5 (worth \$10), please pay with cash. Coupons don't expire. For a limited time, each resident may buy 4 coupons/month.

Coupons are available at the Age Strong Commission Monday-Friday, 9am-5pm, as well as various sites. Click [here](#) to view the list of sites or call 617-635-4366.



Take thousands of  
video courses for  
free with your BPL  
card!

Click [here](#) for more information.

LinkedIn LEARNING

